

## Handout: Module 4, Interleaving

### Essence of the Interleaving Strategy<sup>1-4</sup>

Interleaving is mixing your practice of old, current, and upcoming information within a given subject area during each study session.

### Advice for Students<sup>1-4</sup>

During each study session, devote some effort to recall older information while you work to understand more recent material and to prepare for upcoming topics in the same course.

### Advice for Faculty<sup>1-4</sup>

During each class, ask students questions about previously covered material in addition to discussing new information. Assign homework problems that involve a mix of material in the course and give cumulative exams.

### Recommended Readings on Interleaving

Presented in alphabetical order, the books below provide an excellent detailed description of learning science. Below each, I have noted particular chapters from each that relate to interleaving. You may also wish to look in each book's index under such terms as *interrupted practice* and *mixed practice* for additional, relevant information.

1. Brown PC, Roediger HL III, McDaniel MA. Make It Stick: The Science of Successful Learning. Cambridge, MA: Belknap Press of Harvard University Press, 2014.  
Chapter 3, *Mix Up Your Practice*

2. Carey B. How We Learn: The Surprising Truth about When, Where, and Why It Happens. New York, NY: Random House, 2014.  
Chapter 8, *Being Mixed Up: Interleaving as an Aid to Comprehension*

3. Doyle T, Zakrajsek T. The New Science of Learning: How Learn in Harmony with Your Brain. Sterling, VA: Stylus, 2013.  
Chapter 5, *Patterns and Learning*

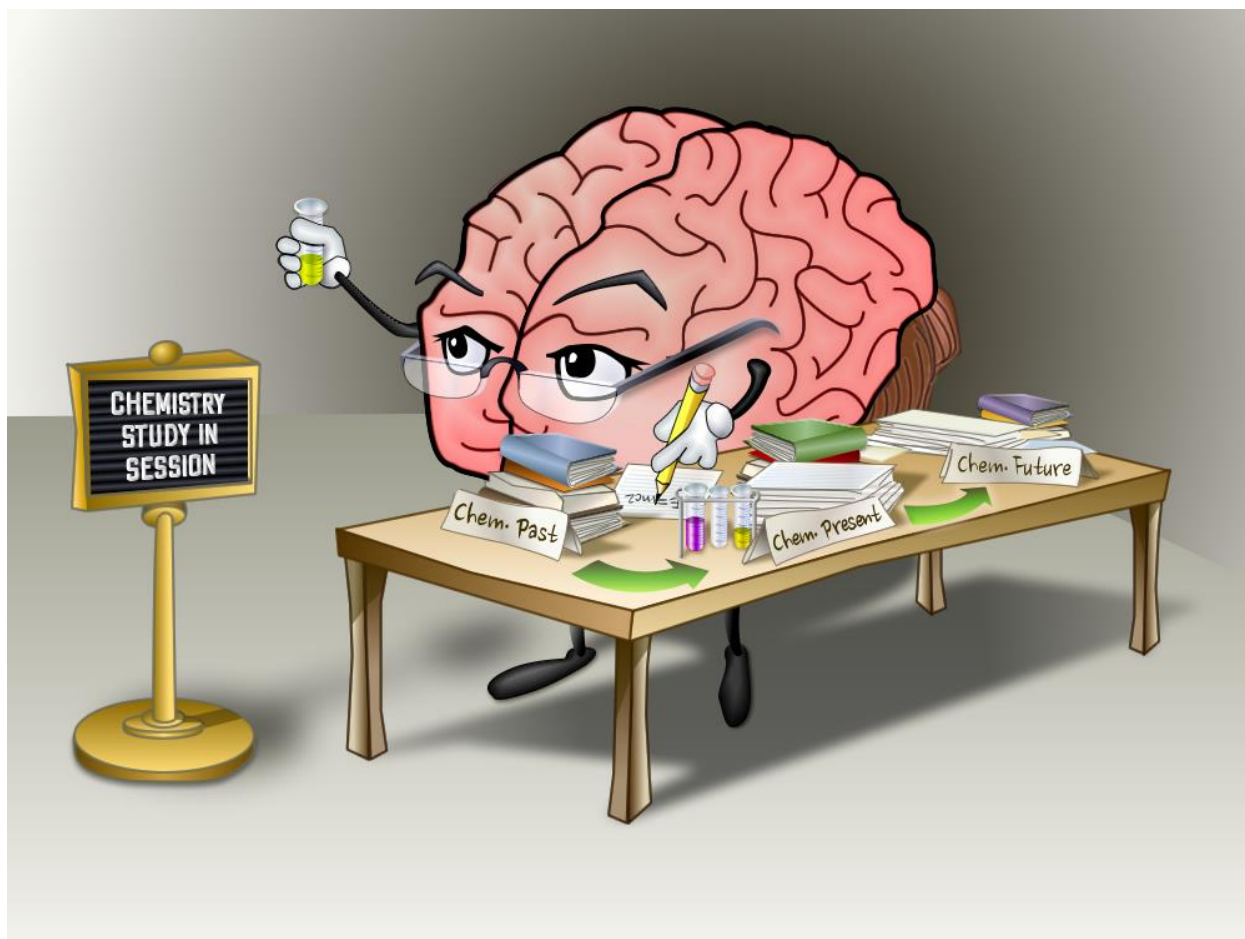
4. Oakley B. A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra). New York, NY: Jeremy P. Tarcher/Penguin, 2014.  
Chapter 4, *Chunking and Avoiding Illusions of Competence: The Keys to Becoming an "Equation Whisperer"*

### References Associated with the Interleaving Video

<sup>1</sup>For more information about mixing up your practice, please see pages 46-66 (Chapter 3) in: Brown PC, Roediger HL III, McDaniel MA. Make It Stick: The Science of Successful Learning. Cambridge, MA: Belknap Press of Harvard University Press, 2014 **and** pages 51-82 (Chapter 4) in: Oakley B. A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra). New York, NY: Jeremy P. Tarcher/Penguin, 2014.

<sup>2</sup>For more information about creating and refining learning chunks, please see pages 51-82 (Chapter 4) and pages 112-125 (Chapter 7) in: Oakley B. A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra). New York, NY: Jeremy P. Tarcher/Penguin, 2014.

<sup>3</sup>Original artwork by Rob Blair. ©2016 property of Magnum Veritas Productions, L.L.C. Used with permission.



### Contact Information

For additional information about this series or for any questions, please contact:

Thomas J. Van Hoof, MD, EdD

University of Connecticut

Email: [tom.vanhoof@uconn.edu](mailto:tom.vanhoof@uconn.edu)